



Arizona Department of Education

**Office of Safe and  
Healthy Students**

# Mindful Moving

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Safe & Healthy Students Specialist

Title IV-A

Arizona Department of Education

# Why are schools the best place to incorporate mindful movement?

- Schools reach most children and adolescents in a community
- Children spend around 900 hours per year in school
- Teachers, school staff and parent volunteers are key role models
- Schools provide institutional approval and reinforce behaviors
- Curriculum standards for health include nutrition and physical education

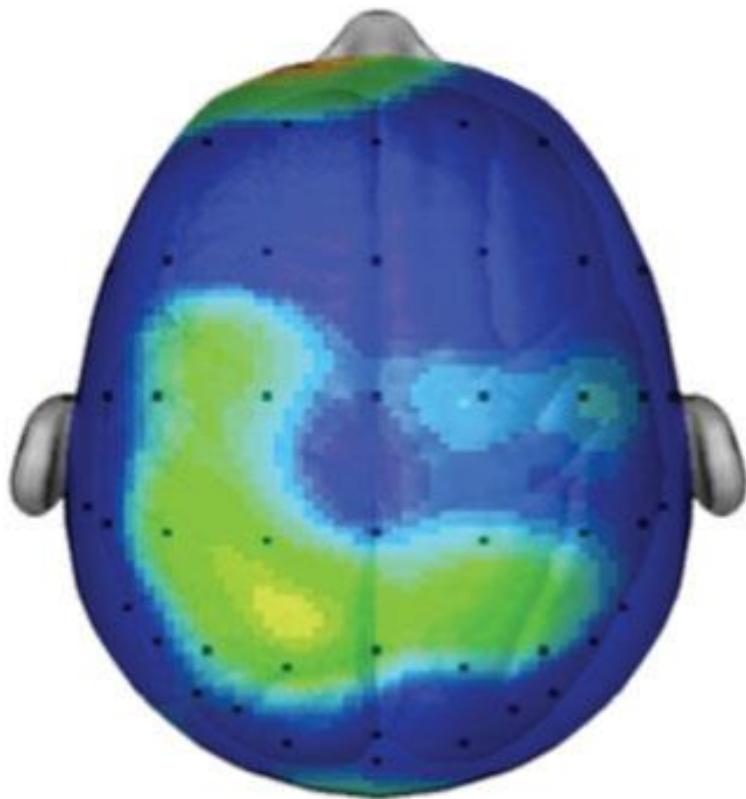


# Movement is the Key!

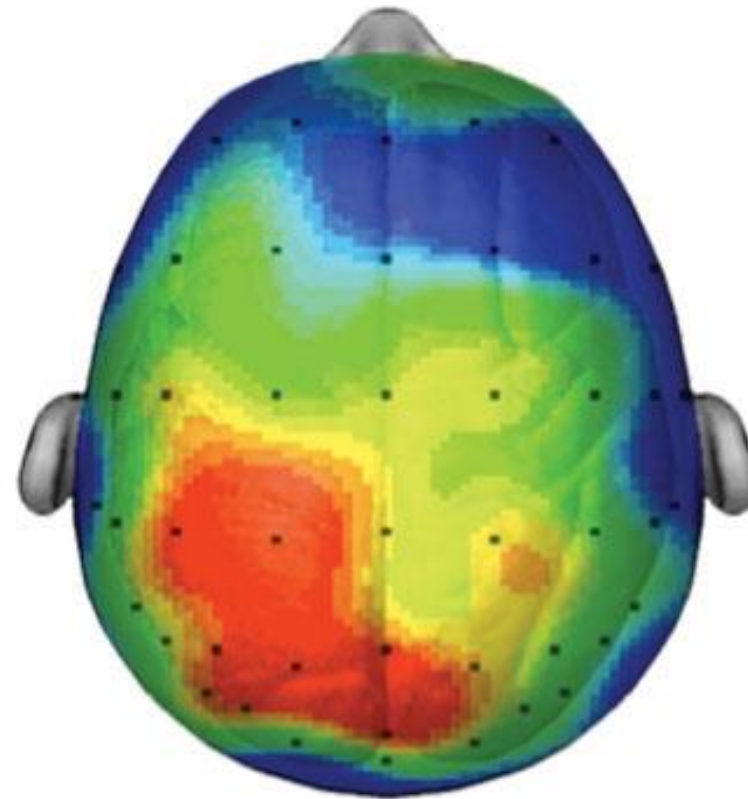


- Improved Academic Performance
- Decrease Absenteeism
- Decrease Drop-Out Rates
- Prevent and Reduce Childhood Obesity

\*The CDC, The Institute of Medicine, Columbia University, the New York City Health Department and Department of Education, the Universities of Illinois, West Virginia, and California have all published research that stands behind the need for physical education and physical activity in the school system.\*



**After 20 minutes of  
sitting quietly**



**After 20 minutes of  
walking**

Research/scan compliments of Dr. Chuck Hillman, University of Illinois



Movement is  
universal

Differentiated  
Instruction

Culturally  
Diverse

Kinesthetic  
Learning

Calming or  
Energizing



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## Ways to implement movement in the classroom

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Movement with purpose

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GoNoodle Videos

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Brain Breaks

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Student/ Teacher Demonstration

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## Make it Routine!

- Start your year with a daily mindfulness routine
- Mindfulness is instruction, not free time
- Do what works best for you and your school
- Remember why it matters



# Unsure What to Do, Call for Backup!

- Contact your local Yoga Studio or Fitness Center
- Search Google
- Search YouTube
- Contact your County Public Health Department







Let's MOVE!

- [GoNoodle!](#)

GoNoodle

## Title IV-A

- Well-Rounded Education
- Safe and Healthy Students
- Digital Literacy







Questions?

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